

RESC 4846 - Sleep Diagnostics 1

Fall 2026 Syllabus, Section A01, CRN 43267,

Credit hours: 3

Instructor

Brendan Hardie

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Public Instructor Information

Instructor Title:

Adjunct Professor

Instructor Professional Qualifications:

M. Respiratory Care, Youngstown State University, 2021

B.S. Respiratory Care, Youngstown State University, 2017

Instructor Office Location:

N/A (online asynchronous course)

Instructor Office Phone:

N/A (online asynchronous course)

Course Description

4846. Sleep Diagnostics 1. This course will explore Scientific theory and clinical techniques needed to perform polysomnography. The course is asynchronous web based. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Essentials of Polysomnography: A Training Guide and Reference for Sleep Technicians	Williams Spriggs	978-1284172218

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Syllabus Review Chapter 4 - Life as a Sleep Technologist	Course Introduction Purpose and Benefit of Sleep Evaluation Historical Aspects of Polysomnography Standardization of Polysomnography Testing	Read required material (Chapter 4) Complete Module 1 Discussion - due Saturday 11:59 PM EST Complete Module 1 Assignment - due Saturday 11:59 PM EST
8/31	Chapter 1 - Overview of Normal Sleep Chapter 2 - Sleep Disorders Chapter 3 - Patient Flow Process	Patient Flow Process International 10-20 System of Measurements Neuroscience and Different Stages of Sleep	Read required material (Chapters 1, 2, and 3) Complete Module 2 Discussion - due Saturday 11:59 PM EST Complete Module 2 Exam - due Saturday 11:59 PM EST



9/7	Chapter 5 - Diagnostic Equipment / Patient Screening Chapter 6 - Patient Hookup Procedures Chapter 7 - Viewing a Polysomnogram	Polysomnography Equipment Application of Polysomnography Testing Review of Standardization of Polysomnography Protocols	Read required material (Chapters 5, 6, and 7) Obtain sleep equipment (optional) Complete Module 3 Discussion - due Saturday 11:59 PM EST Complete Module 3 Assignment - due Saturday 11:59 PM EST
9/14	Revisit Chapter 6 - Patient Hookup Procedures	Patient Set Up Process during Polysomnography Testing	Read required material (Chapter 6) Complete Module 4 Discussion - due Saturday 11:59 PM EST
9/21	Chapter 9 - Performing an Overnight Sleep Study Chapter 10 - Performing a CPAP Titration	Sleep Characteristics and Patterns Review of Procedural Steps of Polysomnography Testing	Read required material (Chapters 9 and 10) Complete Module 5 Discussion - due Saturday 11:59 PM EST Complete Module 5 Exam - due Saturday 11:59 PM EST
9/28	Chapter 11 - Performing Other Types of Sleep Studies	Polysomnography Alternatives Treatment Considerations for Sleep Apnea	Read required material (Chapter 11) Complete Module 6 Discussion - due Saturday 11:59 PM EST
10/5	Course Review	Course Review Comorbid Conditions and Relationship with Sleep Disorders	Complete Module 7 Discussion - due Friday 11:59 PM EST Complete Final Exam - due Friday 11:59 PM EST

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.